



So this month, with summer just around the corner, we're now going to start to cover social occasions, because we know, more often than not, when we're trying to focus on our diet and our training, we can sometimes feel like we have to avoid social situations.

## social sabotage

However, as you know, we are so against this, and we think it's important that you do continue to enjoy any social occasions as much as you possibly can.

If that for you involves having a drink or 5, or eating foods that aren't necessarily the healthiest.

Its about lifestyle, and what's right for yours (notice a trend).

That's why in this newsletter we're going to cover a few tips and ideas to help you stay on track even when these social occasions come up. Because we know that more often than not these social occasions involve drinking, eating unhealthy foods and often late nights, which will make you tired, so it may affect training for the next day or two.



So we wanted to give you some seriously useful tips that will mean that you will always be able to enjoy occasions without fear its going to sabotage your progress. While there are friends of yours who are dieting are skipping them or ordering salads at them whilst they drink water and feeling miserable and gutted like they have next to no social life.

Also, we know that when you avoid social occasions, you're much more likely slip off the wagon because you get bored. You get fed up and you realize that you're actually missing out on the things that you enjoy.

And who wants to be bored and losing weight? (We eat when we are bored so boredom is the last thing we need).

So, when it comes to social occasions, as you know, it can sometimes be quite daunting, particularly when you're trying to be good with your food and drink and you've been 'on it' with tracking for weeks.

However, the first thing to do is, if you work backwards and start from the evening or the social event, you can really make it quite enjoyable without completely throwing the diet out.

The first thing to remember is that we have you on a weight loss deficit, which means you are already eating less calories than you burn on a day to day basis.

This ranges from 300 to 500 calories a day depending on your goals. On the day that there is a social occasion, if it's just one day of the week, it's quite acceptable and completely okay for you to over eat or over drink by a few hundred calories without it completely ruining your hard work.

**Lets look at it this way...**

## DAILY GOAL

If your daily goal is 1800Kcals we most likely have you on a 400Kcal deficit a day that's makes a 2,800Kcal a week.

Then is we have a social event and we are at our 1800 every day but one day have 3000Kcals we still had a deficit of 1,200Kcals for the week, So yes the progress will be slower however you aren't with us for a quick fix ;) Because we don't do them.

So when you know you are going out, you can really start to plan backwards, if you know where you're going to go out, perhaps at a restaurant or if you're going out to a friend's for dinner, you can find out what's on the menu and plan your food.

Input it on myfitnesspal, and then work backwards so you know exactly what you've got for the rest of the day. When you start to do this, it becomes really easy to actually eat and drink out without even being out by one gram on your proteins, carbs, and fats.

We would always say, make sure you get your calories from food, anything extra in alcohol is extra. So don't substitute calories for alcohol. Okay, it's really important to remember that.

Please remember when looking at social occasions that we can just view it from the simplest terms about energy in versus energy out ratio. By this we mean, if you know you're going to have 4,000 or 5,000 calorie night or day because of a social occasion, it could be a good idea to start increasing the activity levels three or four days before so that you're burning an extra 3,000 calories over the course of a few days.

We certainly wouldn't suggest specifically going out and doing a really, really long or tough work out on the day of the occasion, especially if it involves a lot of drink. Because this would obviously make you get drunk a lot quicker and you'll probably end up in bed by 8:00 anyway.

So, when it comes to preparation for your social event, first thing first, probably the most boring tip in the world, but make sure you're fully hydrated. So by that, we'd probably even say increase your water intake by even more before you go out, that way you know you're not going to get thirsty, and start downing alcoholic drinks. And also, you won't confuse your thirst for hunger. That's the best way you can possibly start when you're going out to a social occasion.

Here's some other tips which we can follow:

1. Not picking at the bites before the meal. We've all done, and it's easy to wrack up calories without even thinking about it. When that small bowl of crisps, or that small bowl of nuts is there and you say, one or two wont hurt... and before you know it you've eaten half of the one's that were there for about 8-10 people. So try not to eat them. Makes a big difference to total calories ;)
2. Watch your portion control. If you're serving your own food perhaps fill your plate up as you would at home, and with more vegetables, and a large piece of protein, and then watch the carb side of things. This will make a big difference in the amount of calories you have.
3. Remember when you're eating, to try and engage in conversation. While doing this it will slow your eating down.

Once we slow our eating down, it gives the body more time to tell you when it's full. That brings us on to the next tip...

4. Listen to your body when it's full. If you know you are one that doesn't always eat big portions, do you really need the three courses?

Can you just stop for two. We would never always say to cut out a course, unless it's something that you would be eating for the sake of it. Which, more often than not, is the case. We do tend to miss the started or dessert but that's just us (even sharing a course can be good, just we cant do that as Ryan doesn't share)

5. Drink loads of water throughout the night/event. Again, another one that is probably the most boring tip in the world, but let's make sure that you drink more and more water. Water also helps digestion too :D This will also make your stomach feel fuller, but also slow down the amount of alcohol that you're drinking.
6. Wine topper uppers. If you drink wine, it's easier to track or keep an eye how much you're drinking by making sure your glass is empty before you fill it up, and we know that often hosts would like to top you up as soon as you've had a sip or two.
7. However, try and ask them, politely, not to and that you will happily be topped up once finished, and t does work. This can be a really good way forward to actually see how much you're drinking and often can make you more aware of how much more you drink when you're getting topped up bit by bit. This makes massive difference to Elly when she was going out and decided to do this. She realized that 3 or 4 glasses of wine was more than enough rather two or three bubbles to herself :D
8. Bread with Starters- again its similar to the nibbles, calories wrack up without you even knowing it. Ryan has to ask waiters not to put bread out when we are out so he doesn't demolish half a loaf of bread with a block of butter.
9. Sauces now we weren't sure whether to put this in or not because we want you to 100% feel you CAN enjoy what you want when out but watching the sauces can be a good way to reduce the calories. So asking for sauces to the side and only using what you want, and condiments wrack calories up too so just watch them.

## BUT MOST OF ALL - DO NOT STRESS!

Even if its goes to 8000Kcals in a day and you don't do any of the above its OK. One day will not ruin you.

After social occasions, particularly if it involved a late night and loads of drink, it can be easy to just sort of chill out the following day and not do anything. Forget about the diet, however we think it's even more important to try and get straight back on it.

It might even be worth, maybe even reducing the protein and increasing your carbs just for that one day. Just so that you can get your blood sugar levels up.

Often when we drink, our blood sugar levels will drop the following day, and that's why we feel tired. So try and overload the high carb options to help you feel better much quicker. Another thing to remember is to get yourself rehydrated, that's the most important thing we can suggest. Again, we all know by now that balance is key.

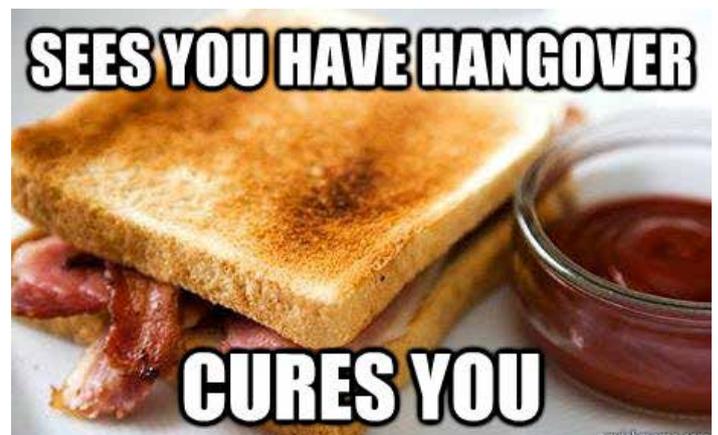
Another thing for the day after to remember is to get straight back on it. Get the diet straight back nailed as best you can. Don't fall for the trap of having another crappy day and feeling like rubbish. Get out there, get some fresh air. If your not feeling 100%, certainly don't do a full on workout, but just being active and increasing the amount of calories that you're burning that following day can be a big help towards making you feel better much quicker, and reduce the impact that the social occasion will have on your progress. After all that, so we want to try to minimize the effect the social event had because like we said, they should be fun and should be achieving your goals, again social occasions should never be avoided.

Another thing that can really help you at social occasions when it comes to sticking to your nutritional goals and not over-indulging, is telling people about your goals, sharing your goals with them, and letting them know how important they are to you.

Because, believe it or not, more people will support you than you think. It doesn't mean that you need to be boring, because that's the last thing we want. It just means that when people are more aware of it, they might perhaps understand that you don't want to pick at the food before you have your main meal.

They might understand that you'd rather have two courses rather than three. They'll probably understand that you want to have a couple of glasses of wine rather than a bottle, or you're happy to finish your glass before it's topped up so that you have more of an understanding of exactly how much you're drinking. Once you start to do that, you'll start to see how much more people will support you, and possibly realise the ones who don't actually support you like you thought they would. So, really talk to people, let people know how important your goals are.

One more idea that we could use when it comes to social occasions could be hosting the event you have room if its a dinner or something. If you know that there is a night where you and your friends are going to meet up for a bite to eat, sometimes trying to host the event, although it might mean a little bit more pressure on yourself, you have more of a say of what food to have. You can control what goes into it and you know exactly what your food is all about (again this is one for those that are better cooks than us, our friends expect, a pizza at ours and we plan our day around it).



### Step Tracker

Now we didn't want to single out one step counter because there are so many apps and gadgets out there that can be used to help track your steps.

but we wanted to share a story with you about Elly's Dad, he's 71 and we told him how the iphone can track your steps and he looked and was a little disappointed with the 3-5000 steps a day he was doing.

Pretty much overnight he decided to increase his step count and is now walking 2-3 times a day and getting around 18-20000 steps a day. But there's something else to mention here, he has suffered with sciatica and that's eased, and clothes are looser and his weight has gone down. When all he did was track his steps. Of course with him being retired it's much easier for him to get the steps up.

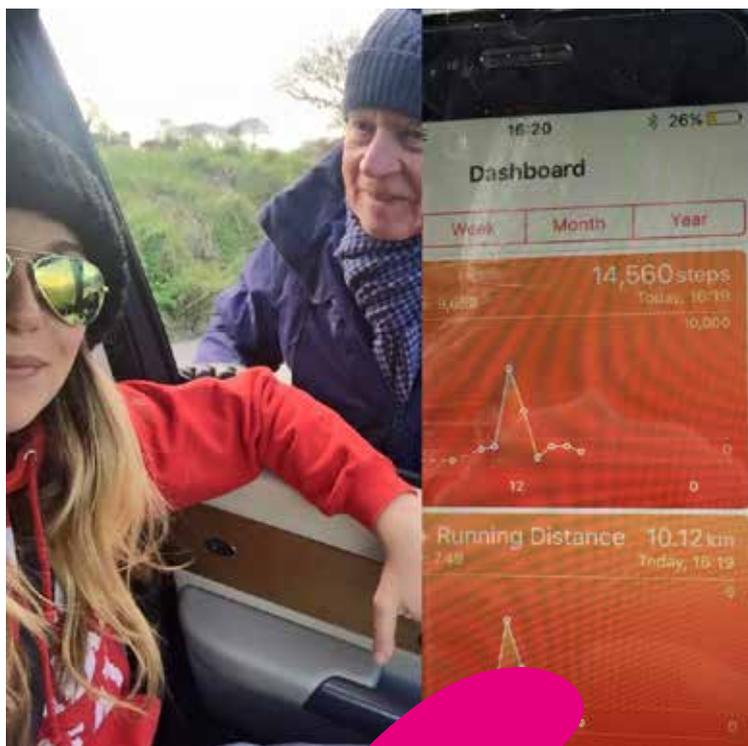
However the message here is looking at your steps and making sure you are increasing them with time.

Now there are apps on smart phones that track steps, the distance you are traveling and also even ones that will work out roughly how many calories you are burning too- now remember these calories are part of your lifestyle so doesn't mean to eat more.

However if you dramatically increase your activity tell us so we can adapt your calorie goals accordingly.

Now the reason we think it's good to track your steps- we all know the importance of moving more and it really shocked us when we realized how few steps we were taking a day.

So we make sure we hit 10,000 a day now without fail.



So get logging your steps!!

## MONTHLY FOCUS

*As this month is all about social occasions and steps we have 2 focuses:*

1. we want to have a big push on planning around them so they don't ruin you. So this month we want you to put your dinners in, in advance, if you're eating out look at the menu, put dinner in and work backwards.

**WE WILL BE CHECKING ;)**

*This will really start to form a good habit for you to carry on going forward.*

2. Hit over 8,000 steps a day every day average :D **EVERY DAY** :D:D we want to hear about it too.

## MONTHLY WORKOUT...

*Do 45 seconds each exercise with 30 seconds rest then repeat 5 times.*

- |                         |                      |
|-------------------------|----------------------|
| 1 - squats              | 5 - crunches         |
| 2 - press ups           | 6 - alternate lunges |
| 3 - mountain climbers   | 7 - raised press ups |
| 4 - on the spot sprints | 8 - air punches      |

**Get your Sweat on!**



## PROTEIN WHOOPIE PIES

### For the cakes:

- 1 Large Egg
- 2.65 Ounces (75g) Fat Free Vanilla Greek Yogurt
- 3 Tablespoons (22.5g) Coconut Flour
- 2 Tablespoons (10g) Cocoa Powder
- 1 Teaspoon Vanilla Extract
- 1 1/2 Scoops (58.5g) LeanPro 100% Whey Protein Powder (we used vanilla)
- 1/4 Teaspoon Baking Powder
- 1/2 Banana

### For the filling:

- 1/2 Cup (116g) Fat Free Cottage Cheese
- 2.65 Ounces (75g) Fat Free Vanilla Greek Yogurt
- 1/2 Teaspoon Vanilla Extract

### Method:

1. In a bowl add the eggs, coconut flour, protein powder, cocoa powder, banana, yoghurt, baking powder vanilla extract and mix.
2. In a mug put non-stick spray in pour the mixture in.
3. Cook in microwave for 30 seconds then mix again.
4. Cook again for a further 90 seconds

Now we have to confess these were something completely different for us but for a quick snack can be really good and tasted really good too :D:D



RECIPE 18

## VEGAN CURRY

- |                          |                      |
|--------------------------|----------------------|
| Garlic Clove x 3         | 1 large sweet potato |
| Cumin 1 teaspoon         | 1 red onion          |
| Chilli powder 1 teaspoon | 250g quinoa          |
| Can chopped tomatoes     | 1Kcal Spray          |
| Can of kidney beans      |                      |

### Method:

1. In a pan fry the sweet potato and onion for 5-7mins
2. Add the cumin, garlic, chilli powder and fry for a further 4 minutes
3. Add the remaining ingredients and simmer for 30mins

### Nutritional Information (Serves 3, per serving):

Each serving provides: 179Kcals, 36g carbs, 1g fats, 7g protein

We had half each but was big portions haha!



RECIPE 19

## SALMON FISH CAKES

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 250g salmon                          | Pinch of salt               |
| Juice of 1 lemon                     | Pinch of pepper (to taste)  |
| 1 small shallot minced               | 1/4 teaspoon cayenne pepper |
| 2 salad onions chopped               | 2 eggs                      |
| 1 tablespoon Dill                    | 3 tablespoons flour         |
| 1 tablespoon lighter than light mayo | 1kcal spray                 |

### Method:

1. Combine all the ingredients together except the 1kcal spray
2. Make into burger shapes they will be a bit loose until cooked so may fall apart (gentle hands)
3. Heat pan with 1kcal spray in
4. Fry for 5-7mins on a medium heat

### Nutritional Information (Serves 4, per serving):

Each serving provides: 287Kcals, 8g carbs, 3g fats, 16g protein

Perfect with green vegetables!



RECIPE 20

When we were away in New York I (Ryan) found it very difficult to “stick to the plan”.

I have to admit that I love America in general but their food is right up my street, big portions and the dishes they serve are just my kind of thing.

However being on a strict diet it kind of had its big downfall these few days.

When we were on the course we were sat in a room all day learning and for the 2 days, sat right behind me were the nicest smelling (and tasting) cookies I've ever seen, then you add the chocolate brownies that were literally screaming my name from start to finish of the two days.



I think it was fate that we sat in those chairs and then they came out haha.

Then on the Friday night there was a buffet, and nothing really healthy, lots of nice food but healthy choices erm..... No chance. haha!

## Confession.....

I did have a few of the cookies and the brownies, but you know what, I was 100 times better than I would have been if I wasn't thinking about my diet. I would have been eating them by the 10s if I wasn't thinking about my goals.

Then with the buffet, I just had smaller portion sizes then had a protein shake when I got home and it was 'ok'.

Now the moral to this story is that it's 100% ok to give in to temptation but always better to remember your goals.

## And...

As long as you're being better than you would be, then you are making progress.

Now try this - Elly and I have been doing it since New York

Get a journal or notebook and every day:-

Write your goals down 10 times in the book

Now spend 5-10 minutes visualising what it would be like when you achieve that goal. Whether it's that:

Dream Dress

Bikini Body

Running around with the kids.

Visualise it and hold on to that feeling. It will get all the right hormones in the brain working and you'll be more committed each day too!

## TILL NEXT TIME

The feedback we have had from this newsletter last month has been amazing and we have had loads of referrals so please continue to send us referrals for it. If you have someone you think would be interested, let us know and we can send you an email that you can send to them.

If you like it post it on social media and help us to help more people - even with a photo of the newsletter you will get every month.

Try out the recipes, and the workouts, get photos and...



@ellyhodgsonfitness

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We also will reward referrals to us...

Send a friend our way and we will give you a freebie,  
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*Ryan and Elly xx*